Sunday August 8, 1999 6:57 PM \19990808.18 Yadkinville, North Carolina

DUTCH OVEN COOKING

You never know. Back when I got this off of email, I did not know exactly what a dutch oven was. Now I own two of them, Lodge, 6 quart, 12 inch, cast iron, outdoor dutch ovens, with flanged lids and integral legs. About thirty seven - dollars each, base price at a discount store like Wal-Mart or Target. Reprinting this for those who may have missed it. For one thing, it was not sent out to Juno people, because it was in internet format. For another, the author seems to have worse spelling problems than I do. My spell-checker went crazy on the original document. Somehow the word "and" got into this as "&" With all that, the food should be good.
Your brother in Jesus Christ, Paul

Date: Sat, 30 Jan 1999 21:33:34 -0500
Subject: Dutch Oven Cooking
Dutch Oven Recipes. We had better learn to cook with a dutch oven. Dwight
Dutch Oven Cooking (c)1990 by Mike Audleman
-:For FREE Duplication

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INTRODUCTION
The reason for this book is to provide reference material for an individual who is planning or cooking a meal for six to ten people. For larger groups, most of the recipes can be easily doubled or tripled and two or more dutch ovens may be needed. Most of the information has been targeted toward the first time dutch oven user, although, the more experienced cook may find a tidbit or two here and there.
I hope this book will entice all of you potential dutch oven cooks to "giv 'er a try" and you will see why I call them "man's best friend".
If you wish to contribute to the growing of this book, please send your favorite recipes to me at the following address and I will give you and your troop credit in the next issue:
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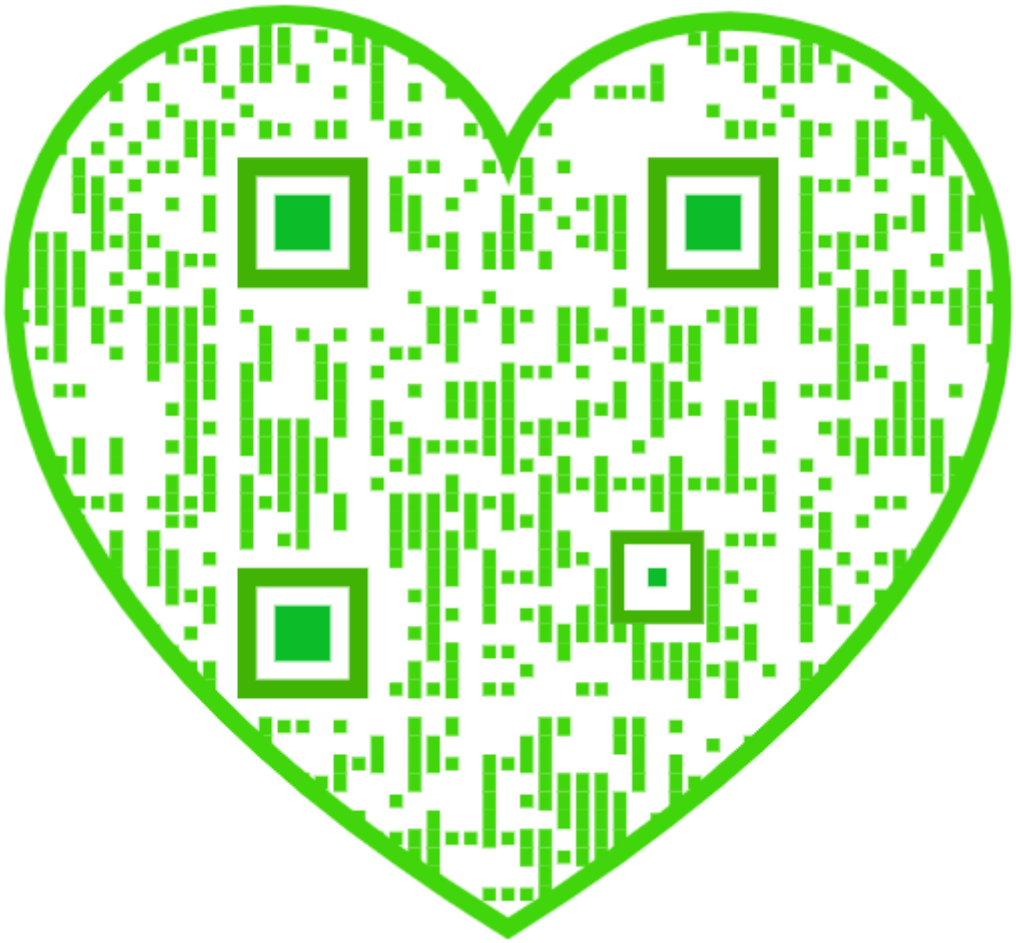
WHAT YOUR DUTCH OVEN CAN DO
Cooking techniques such as roasting, baking simmering, stewing, frying, boiling, steaming, and many others are easily done on the campfire with only a single utensil, the dutch oven. Think of the possibilities, delicious fresh baked bread that will rise up and lift the lid, cobblers made from berries picked fresh at the campsite, incredible deep-dish pizzas, stews, quiches that



melt in your mouth, cornish game hens roasted to perfection, and imagine a chocolate cake a foot in diameter. These and many, many more are very possible and sometimes easier than they are at home. With very few exceptions, I have been able to duplicate my home recipes on the campfire using the dutch oven.

All recipes use one of two dutch oven techniques, cooking with your dutch oven or cooking in it. The first is when the food is placed directly in the bottom of the dutch oven. In the second method, food is placed in a second dish and this dish is then placed onto a trivet in the bottom of the dutch oven. The reason for the trivet is to elevate the dish above the bottom of the oven to prevent burning.

A LITTLE ABOUT THE DUTCH OVEN

Before we get started, we should review some of the things you will need to know before purchasing your first dutch oven. There are literally hundreds of option and size combinations available, so it would be impractical for me to tell you which oven is the one for you. Because each type of oven is designed for a different type of cooking situation. I will go over the various options and you will have to decide which ones you will look for.

In shopping for an oven, you should look for one that is obviously well made. Look at the bail handle, it should be of heavy gauge wire and securely attached to molded tangs on the side of the oven. Ovens that have riveted tabs should be avoided. Most oven handles will lay down against the side of the oven in both directions, but if you look hard enough, you will find some that allow the handle to stand up at a 45 degree angle on one side. This allows you easier access to it when positioning or removing the oven from the fire.

Another area that bears close examination is the handle on the lid. It should be a loop attached to the lid on both ends and hollow in the center allowing it to be easily hooked. Stay away from the ones that have a molded solid tab on the lid for a handle. These are very difficult to grasp and manage with a load of coals. The loop style offers much better control.

While examining the lid, check that it has a lip or ridge around the outer edge. The lip keeps the coals from sliding off of the lid. Don't get me wrong, the ridgeless ones can be used but it is difficult to keep coals on the lid and if you are not meticulous in cleaning the ash from the lid each and every time you open the oven, you will end up with ash and/or sand in your food. The lip virtually eliminates the problem and the lid can be lifted even fully loaded with ash and coals with little or no difficulty.

Another feature to look at is the legs. The most common variety is one with three legs, although flat bottomed ones and four legged ones can also be had. For outdoor cooking, legs are a necessity, they maintain the height of the oven above ground allowing air for the coals underneath. The flat bottomed ones can be set up on rocks(which are scarce as hen's teeth here in Florida) or up on steel tent pegs. If you figure in Murphy's Law

here, the flat bottom ovens are best left in the store or on the kitchen stove where they were intended. I highly recommend three legs over four simply for the stability factor. It is much more stable with three legs sitting on rough ground than with four.

The last option to look at is a second handle attached to the lid or upper rim on the oven base. Some ovens are offered with a skillet type handle attached to the lid. This, in theory, is a good idea, but in reality they seem to be more in the way than of assistance. The handle does assist in using the lid upside down as a skillet or griddle but when using it as a lid, they get in the way of the bail handle and also misbalance the lid when lifting by the center hoop. They also tend to be in the way during storage and packing situations. Fixed handles on the oven base, with one exception, should be absolutely avoided. I believe the theory behind these handles was to make the oven easier to position in a deep fire pit. If you insist on considering the handle, take a couple of red bricks with you to the store and place them in the oven. Then give her a lift by the handle and you will see the uselessness in the handle. A loaded 12" oven can weigh 20 to 25 pounds, a real wrist breaker. The one exception is a small tab sometimes offered which is about 1 to 1-1/2" deep and 2-3" wide on the upper lip of the oven. This tab makes pouring liquids from the oven very easy and its small size has never caused storage or packing problems for me.

When someone mentions "Dutch Oven" most people immediately think "Cast Iron", but dutch ovens are supplied in aluminum also. An aluminum oven weighs only 6-1/2 to 7 pounds opposed to around 18 pounds for the cast iron oven. There are advantages and disadvantages to each.

*The most obvious aluminum advantage is weight, 11 pounds lighter. Additionally, because aluminum doesn't rust, care is restricted to simple washing with soap and water. Aluminum tends to heat faster requiring less preheating time but they don't retain the heat very long after the coals are removed. Also because aluminum reflects more heat than cast iron, more coals will be required to reach and maintain a set temperature. Also on windy days, you will see a greater variation in temperature than one of cast iron. Where weight is very critical, most of the disadvantages can be overcome. For canoeing, backpacking or trips where weight is a problem, aluminum ovens are the answer.

When weight is not a problem, the cast iron oven has the upper hand. Cast iron reacts more slowly to temperature changes so don't burn food as easily if the fire flares up and they retain heat for quite a while after the coals have been removed, keeping food warmer longer. Also, because they retain heat well, they fair better on windy days with smaller variations in temperature. Cast iron absorbs a great deal of heat, consequently, they require fewer coals to reach and maintain a set temperature. Weight is its obvious disadvantage, but there are others. Clean up is not as simple, but done regularly and correctly, it is not much of a chore. Rust is the other, bare cast iron will literally

rust overnight if not protected. This protection naturally must be done each time it is used but is part of the cleanup procedure and fairly simple. After all, I 've got Tenderfoot Scouts that are 11 years old that do it like clockwork.

The last thing you must consider is the size of the oven. They range from the tiny 4" to the giant 24" monsters. Personally, I have ovens ranging in size from 6" to 18". For small group or patrol situations, 10"-12" will serve rather adequately for almost all circumstances.

As a review, you should look for a 10"-12" oven that is obviously well made and of good design. It should have three legs, loop type handle and a lip on the lid and a strong bail type handle for the bottom. You can choose other options but those are personal preferences and totally up to the user. Whether to choose cast iron or aluminum should be based on the service conditions the oven is going to be MOST used in.

Now that you have decided the type, style and options, where do you find one? Check your Boy Scout Troop Equipment Catalog or your local Boy Scout Equipment Center. Many good sporting goods or camping supply stores also will carry them. Also, restaurant supply houses may stock them or will have a catalog they can order them from. From my experiences, the restaurant houses typically cost a bit more but the ovens are commercial quality and they usually have a better selection to choose from. Another option is mail order. Companies such as REI, Campmor, etc may carry them but look out for the shipping charges on the cast iron ones. In your shopping around by mail, it is best to request their shipping charges and add that in when comparing to local prices.

If you go into the store armed with information, you should have little problem in selecting an oven for your needs and it will be the start of some long lived happy memories. One word of fair warning, SHOP AROUND! I have seen the same 10" oven by the same manufacturer range in price from $25 up to their mighty proud $60, so be careful. Demand quality, a poorly made oven with lots of options is not worth the time to carry it to the car.

OTHER THINGS YOU WILL NEED

A good pair of leather gloves can save time and prove invaluable around a hot fire. A pair of Work Style gloves will do, but I recommend you look at a Fire and Safety Supply house or a store that supplies fireplace accessories and locate a pair of fire handling gloves. Although these typically cost more, they offer thicker leather and an inner insulating lining. They allow you to literally place your hand into hot coals, though I don't recombined doing so. Because of my experience on the Fire Department, the extra protection and quality far outweigh the few extra dollars they cost. You will have to weigh the quality against the higher price for yourself.

Something else you will need is a shovel. The standard garden type will be sufficient. It will be used for stirring the coals and lifting them out of the firepit to the oven. The style and

length of the handle is up to you, the user. The longer ones are great but not practical on hikes and canoe trips. While the short "ARMY" folders are great for hiking and canoes, they suffer from short handles, getting you and your hands closer to the fire.

Another item which will prove to be worth their weight in gold is a pair of hot pot pliers. The pair listed in the Boy Scout Troop/Patrol Equipment catalog are probably the best designed for the job. They are inexpensive, well built, and light weight. The pliers have a specially designed jaw that grips the oven lid very securely. The handle has a hook that is used to grab the bail handle when it is too hot to hold by hand or when it is hanging down in the coals.

PREPARATION OF YOUR OVEN

For aluminum, your pretreatment is simply washing well with soap and water. Some aluminum ovens are shipped with a protective coating and a simple washing will remove it. Since aluminum doesn't rust, no further protection is required, however, I have found that if you treat the aluminum like the cast iron oven, food will not stick near as often as the untreated oven. This pretreatment is at the user's option, so if you just want to wash it and be done with it, you can.

Cast iron ovens, if properly cared for, will last many a generation. I know several individuals that have dutch ovens belonging to great-great-grandmothers, dating back well into the 1800s. Personally, I have an oven that belonged to my grandmother and dates back before the turn of the century.

Although this book is oriented toward dutch ovens, the treatment and care instructions are applicable to any cast iron skillet, griddle etc.. The secret of cast iron's long life is really no secret at all. Constant and proper care beginning with the day it is purchased will keep the oven in service for many years. All quality ovens are shipped with a protective coating that must be removed. This will require a good scrubbing with steel wool and some elbow grease. Once removed, the oven needs to be rinsed well, towel dried and let air dry. While it is drying, this would be a good time to pre-heat your kitchen oven to 350. After it appears dry, place the dutch oven on the center rack with it's lid ajar. Allow the dutch oven to warm slowly so it is just barely too hot to handle with bare hands. This pre-heating does two things, it drives any remaining moisture out of the metal and opens the pores of the metal.

Now, using a clean rag or preferably a paper towel, apply a thin layer of salt free cooking oil. Oils such as peanut, olive or plain vegetable oil will be fine. Tallow or lard will do also but these animal fats tend to break down during the storage periods that typical Boy Scout dutch ovens experience between camp outs and are not recommended. Make sure the oil covers every inch of the oven, inside and out and replace the oven onto the center shelf, again with the lid ajar. Bake it for about an hour or so at 350. This baking hardens the oil into a protective coating over the metal.

After baking, allow the oven to cool slowly. When it is cool enough to be handled, apply another thin coating of oil. Repeat the baking and cooling process. Again reapply a thin coating of oil when it can be handled again. Allow the oven to cool completely now. It should have three layers of oil, two baked on and one applied when it was warm. The oven is now ready to use or store.

This pre-treatment procedure only needs to be done once, unless rust forms or the coating is damaged in storage or use. This baked on coating will darken and eventually turn black with age. This darkening is a sign of a well kept oven and of it's use. The pre-treatment coating's purpose is two-fold, first and most important, it forms a barrier between moisture in the air and the surface of the metal. This effectively prevents the metal from rusting. The second purpose is to provide a non-stick coating on the inside of the oven. When properly maintained, this coating is as non-stick as most of the commercially applied coatings.

CLEANING YOUR OVEN

For aluminum ovens, the cleaning is the same as for ordinary pots and pans. Use soap, water and scrub as usual for your other pans. More often than not, cleaning cast iron ovens is much easier than scrubbing pots and pans. For cast iron ovens, the clean process is in two steps. First, food is removed and second, maintenance of the coating. To remove stuck on food, place some warm clean water into the oven and heat until almost boiling. Using a plastic mesh scrubber or coarse sponge and NO SOAP, gently break loose the food and wipe away. After all traces have been removed, rinse with clean warm water. Soap is not recommended because its flavor will get into the pores of the metal and will taint the flavor of your next meal.

After cleaning and rinsing, allow it to air dry. Heat over the fire just until it is hot to the touch. Apply a thin coating of oil to the inside of the oven and the underside of the lid. Allow the oven to cool completely. The outside will need little attention other than a good wipe down unless you see signs of rust forming. As a suggestion, it is a good idea to keep a scrubber for cast iron and never use it with soap.

A FEW NO NOs

* Never, and I repeat, NEVER allow cast iron to sit in water or allow water to stand in or on it. It will rust despite a good coating.
* Never use soap on cast iron. The soap will get into the pores of the metal and won't come out very easy, but will return to taint your next meal. If soap is used accidentally, the oven should be put through the pretreatment procedure, including removal of the present coating.
* Do not place an empty cast iron pan or oven over a hot fire. Aluminum and many other metals can tolerate it better but cast iron will crack or warp, ruining it.
* Do not get in a hurry to heat cast iron, you will end up with

burnt food or a damaged oven or pan.
* Never put cold liquid into a very hot cast iron pan or oven. They will crack on the spot!

TIPS ON COOKING TECHNIQUES

Enough about the oven and on to what you can do with it!

ROASTING: The heat source should come from the top and bottom equally. Coals should be placed under the oven and on the lid at a 1 to 1 ratio.

BAKING: Usually done with more heat from the top than from the bottom. Coals should be placed under the oven and on the lid at a 1 to 3 ratio, having more on the lid.

FRYING, BOILING ETC: All of the heat should come from the bottom. Coals will be placed under the oven only.

STEWING, SIMMERING: Almost all heat will be from the bottom. Place the coals under and on the oven at a 4 to 1 ratio with more underneath than on the lid.

THE LID!: The lid can be placed on the fire or stove upside down and used as a skillet or griddle. Using the lid in this fashion, you can make virtually error free pancakes and eggs that don't run all over. This is because most lids are shaped like a very shallow bowl so things naturally stay in the center, even if the lid is not level!

MEASUREMENTS

Here are the abbreviations that will be used here:

oz - Ounce	tsp - Tea Spoon
lb - Pound	Tbs - Table Spoon
pt - Pint	c - Cup (8 oz)
qt - Quart	pkg - Package
gl - Gallon	

Here are a few measurement conversions you may need:

1 Tbs = 3 tsp	1 Stick Butter = 1/4 lb or 1/2 c or 8 Tbs
2 Tbs = 1 oz	
1/4c = 4 Tbs	1 lb bread loaf = About 17 slices
1/3c = 5 1/3 Tbs	1 1/4 lb loaf = About 20
1/2c = 8 Tbs	1 1/2 lb loaf = About 23
1 c = 8 oz	
1 qt = 4 c	
1 gl = 4 qt	
2 c = 1 pt	

SUBSTITUTIONS

1 c Milk = 1/2 c evaporated milk + 1/2 c water
1 c reconstituted dry milk + 2 tsp margarine or butter
1 c Buttermilk = 1 tbs vinegar + 1 c sweet milk
1/4c butter + 3/4c milk
1 1/2 tsp cornstarch = 1 tbs all purpose flour
1 c Honey = 1 1/4c sugar + 1/4c water or other liquid

Emergency should be the only excuse for substituting ingredients in a recipe.

BEEF MAIN DISHES

SAUSAGE BALLS

1 lb Sausage (Mild or hot)
6 oz Grated Cheddar Cheese
1 Egg
3 c Bisquik

Mix all ingredients together. Mixes best with your hands. Pinch off small pieces and form into balls. Cook 10-15 min at 350 in dutch oven. Makes 6 dozen.

POOR MAN'S STEAK

2 lb pkg Ground beef
2 tsp Salt
1/4 tsp Pepper
2 c Cracker Crumbs
1 1/3 c Milk
Margarine
2 cans Mushroom Soup
1 c Water

Mix together meat, salt, pepper, crumbs, and milk. Pack into loaf pans. Let stand in refrigerator overnight or as least 6 hours. Cut into slices and brown in margarine. Mix soup with 1 c of water and pour over meat placed in dutch oven. Bake at 350 for 1-1/2 hours.

PIZZA HOT DISH

2 pkg Crescent rolls
1 jar Pizza Sauce
1-1/2 lb Ground Beef
8 oz Shredded Cheddar Cheese
8 oz Shredded Mozzarella Cheese

Brown ground beef, drain. Line dutch oven with 1 pkg of crescent rolls. Spread pizza sauce on dough. Add browned beef, the cheeses and use second pkg of rolls to form a top crust. Bake 30 min. at 350

HUNGARIAN GOULASH

2 lb beef tips, 2" cubes
1 sm onion
3 tbs Wesson oil
1 can whole tomatoes
4 oz whole mushrooms
2 tsp paprika
1-1/2 tsp salt
1/4 tsp pepper
1 c sour cream
2 tbs flour

Brown beef tips and onion in oil, add whole tomatoes, mushrooms and seasonings. Cover and simmer. Stir occasionally until meat is tender, about 1-1/2 hours. Blend flour and sour cream. Gradually stir into meat mixture. Heat to serving temperature.

BEEF GOULASH

3 lb beef, cubed
1 tsp salt

2 tbs Cooking oil
1 can mushroom soup

Brown the beef in cooking oil. Add salt and soup. Cover and simmer about 1 hour.

BEEF BURGUNDY

2 lb beef round roast
2 cans beef gravy (or pkgs of instant)
1 clove of Garlic
1/4 tsp oregano
3 med onions, sliced
1/2 c burgundy wine
4 tbs butter
1/2 pt sour cream

Cut beef into 1 inch cubes. Sprinkle with tenderizer. Saute garlic and onions in butter slowly until onions are clear or slightly browned. Remove onions and brown meat slowly in the drippings. Add beef gravy, salt, pepper and onions to pan. Simmer 15 min. Serve over rice.

SWISS STEAK

3 lb round steak
3 stalks celery, peeled, chopped fine
3 tbs butter
1/2 c catsup
1 tsp salt
1 tbs chopped parsley
1 lg onion, diced

Brown steak in butter. Add celery, catsup, parsley, and onion. Cover and simmer 2 to 2-1/2 hours. 1/2 c water may be needed if mixture thickens too much.

STEAK AND MUSHROOMS

1 lb mushrooms sliced
1/2 tsp salt
2 c onions, diced
1/2 tsp pepper
1/4 lb butter
1 round steak
8 oz can tomato sauce
flour
1 tbs Worcestershire sauce

Cut meat into strips and coat with flour. Saute in melted butter for 5 min. Add onion and mushrooms, cook another 5 min or until onion turn clear. Add remaining ingredients and stir well. Simmer 1 to 1-1/2 hours. Serve over rice.

FRENCH STYLE ROAST BEEF

3 lb Boneless chuck or rolled rump roast
1 tsp salt
1 tsp thyme
6 whole cloves
5 peppercorns
1 bay leaf
1 lg clove, garlic
4 c water
4 med. carrots cut into quarters
2 med. onions, quartered
2 med. turnips cut into quarters
2 med. stalks celery, cut into 1" pieces

Place beef roast, salt, thyme, clove, peppercorns, bay leaf and garlic in Dutch oven, add water. Heat to boiling, reduce heat

and simmer covered for 2-1/2 hours. Add remaining ingredients. Cover and simmer until beef and vegetables are tender, about 30 min. Remove beef and vegetables. Cut beef into 1/4" slices. Strain broth and serve with beef and vegetables.

CORNED BEEF AND CABBAGE

2 lb well trimmed corned beef boneless brisket or round
1 sm head green cabbage, cut into 6 wedges
6 med carrots cut into quarters
1 sm onion, quartered
1 clove garlic, crushed

Pour enough cold water on corned beef in dutch oven to just cover. Add onion and garlic. Heat to boiling, reduce head. Cover and simmer until beef is tender, about 2 hours. Remove beef to warm platter, keep warm. Skim fat from broth. Add cabbage and carrots, heat to boiling. Reduce heat and simmer uncovered 15 min.

ROUND STEAK HAWAIIAN

1/4 c cooking oil
1-1/2 lb round steak
1 bell pepper cut into strips
1 lb mushrooms, sliced
1 can sliced water chestnuts, drained
1 jar home style beef gravy
Chow mein noodles
1/2 tsp salt

Cut steak into 1/4" strips. Heat oil over medium-high heat. Add steak, onion, green pepper, mushrooms and salt. Cook until meat is brown, stirring constantly. Drain and add water chestnuts and gravy. Cover and simmer 1-1/2 to 2 hours, stirring occasionally. Serve over rice and sprinkle with chow mein noodles.

FLANK STEAK TERIYAKI

4-6 flank steaks
1 tbs salad oil
1/4 c sugar
1 tsp ginger
1/2 tsp MSG
4-6 pineapple slices
1/2 c soy sauce
2 tbs sherry (optional)
1 clove garlic, crushed

To form marinade, combine all except steaks and pineapple. Mix well and pour over steaks. Let marinate 1 to 1-1/2 hours. Fry steaks in very hot oven or skillet brushing once with marinade. Add pineapple during last few minutes, brush with marinade and cover. Cook 3-5 min. Serve over rice.

MEAT LOAF

3 lb ground beef
1-1/2 c quick oats
2 eggs
1/2 tsp dry mustard
1/2 c bell pepper
2 pkg onion soup mix
1-1/2 tsp salt
1/4 tsp marjoram

Mix all ingredients and put in casserole pan. Place in dutch oven. Bake 1 hour, covered.

CORNED BEEF WITH DIJON GLAZE

3 lb corned beef brisket	4 c water
1/4 c vinegar	1/4 c Worcestershire Sauce
2 bay leaves	8 whole cloves
3 cloves garlic, crushed	1/2 c Dijon mustard
1/2 c orange marmalade	2 tbs horseradish
2 tbs Worcestershire Sauce	

Place brisket in dutch oven. Add water and next 5 ingredients, bring to a boil. Cover, reduce heat and simmer 2-1/2 to 3 hours or until tender. In a small saucepan, combine Dijon mustard, marmalade, horseradish, and Worcestershire sauce. Cook over medium heat, stirring constantly, until bubbly. Remove brisket and drain. Return to oven and spread with 1/2 c glaze. Bake at 350 for 20 min. Serve with remaining glaze.

SPAGHETTI AND MEATBALLS

1 lg onion	1 clove garlic, crushed
1 tsp sugar	1 tsp oregano leaves
3/4 tsp salt	3/4 tsp basil leaves
1/2 tsp marjoram leaves	1 can(8 oz) tomato sauce
4 c hot cooked spaghetti	1 can(16 oz) whole tomatoes

For Meatballs:

1 lb ground beef	1/2 c dry bread crumbs
1/4 c milk	3/4 tsp salt
1/2 tsp Worcestershire sauce	1/4 tsp pepper
1 sm onion diced (1/4 c)	1 egg

Meatballs: Mix all ingredients, shape into 1-1/2 inch meatballs. Place in dutch oven and bake at 400 until done and light brown, 20 to 25 min.

Prepare spaghetti according to package instructions. Mix all ingredients except meatballs, break up tomatoes. Heat to boiling, reduce heat. Cover and simmer, stirring occasionally, 30 min. Stir meatballs onto mixture, Cover and simmer stirring occasionally, 30 min longer. Serve over spaghetti and if desired, with grated Parmesan cheese.

MESS

1-1/2 lb ground beef	1 can(16 oz) french style green beans
1 can tomato soup	1 sm onion chopped
1 can mushrooms	

In dutch oven or large pot, brown ground beef and onion until onion is clear. Drain and add other ingredients. Heat through and salt to taste. Serve plain or on top of noodles or spaghetti. By Lynne Waltz, Troop 546, Niceville, FL

MIKE'S CHILI

2 lb ground beef	4 tbs water

1 tbs oil
Worcestershire
1/2 tbs Tabasco sauce
1 lg onion chopped
2 cans kidney beans
2 tsp ea: salt, sugar, sauce, cocoa, ground cumin, oregano
1-1/2 tbs chili powder
3 c canned tomatoes

Brown ground beef in oil. Add onion and cook until it turns clear. Add remaining ingredients except kidney beans and simmer 1 hour covered. Add kidney beans and cook 1 additional hour uncovered.

SALISBURY STEAKS

2 lb ground beef
1 tsp salt
2 eggs
2 cans(10 oz) condensed beef broth
4 tbs cornstarch
2/3 c bread crumbs
1/2 tsp pepper
2 lg onions, sliced
2 cans (4 oz) mushrooms, drained
1/4 c cold water

Mix ground beef, bread crumbs, salt, pepper and eggs, shape into 8 oval patties, each about 3/4" thick. Cook patties over medium heat, turning occasionally, until brown, about 10 min, drain. Add onions broth and mushrooms. Heat to boiling, reduce heat. Cover and simmer until beef is done, about 10 min.

ONION SWISS STEAK

3 lb round steak, 3/4" thick
1-1/2 tsp salt
1/4 tsp pepper
2 pkg onion soup mix
2 cans (10 oz) tomatoes

Cut steak into serving pieces, season with salt and pepper and place into dutch oven. Sprinkle onion soup mix over top and pour tomatoes over all. Cover and cook over slow fire for 2 to 3 hours or until meet is done and tender.

BEEF POT ROAST

3-4 lb rump roast or pot roast
1 tsp salt
1/4 tsp pepper
3 med potatoes, pared and halved
3 med carrots, cut into 2" pieces
2 med onions, halved
1/2 c water or beef broth

Brown roast in oven on all sides in small amount of oil. Remove meat, salt and pepper. Place half of vegetables in bottom of oven, return meat to oven and add remaining vegetables and liquid. Cover and cook at 300 for 3-5 hours depending upon size of roast and degree of doneness desired. Remove meat and vegetables carefully and place on serving platter.

BEEF STEW

2 lb stew meat, 1" cubes
3 tbs oil
1/2 c flour
2 tsp salt
1/2 tsp pepper
1 lg onion, sliced
1 can (1 lb 12oz) tomatoes
1 clove garlic, minced
1/3 c water
1 bay leaf

6 carrots, cut into 1" pieces 3 med potatoes, peeled, cubed

Coat beef cubes with a mixture of flour, salt and pepper. Brown in hot oil in bottom of oven. While oven is still hot, pour water in and scrape brown bits from bottom. Place remaining ingredients into oven and cover. Simmer 1 to 2 hours or until meat is tender and potatoes are done.

TACO PIE

1-1/2 lb ground beef
1 med jar Taco sauce
4 lg corn tortillas
1 8 oz pkg shredded cheddar cheese
1 can (8 oz) tomato puree

Brown ground beef, drain. Combine taco sauce and tomato puree. Line dutch oven with aluminum foil. Place 2 tortilla shells in dutch oven. Place 1/2 of ground beef on top, pour 1/2 taco sauce over top. Place 2 more tortilla shells on top and place in rest of beef and pour remaining taco sauce on top. Sprinkle with cheese. Cover and bake until cheese is melted. Variations: Add chopped onions, mushrooms or tomatoes to meat. By Lynne Waltz, Troop 546, Niceville, FL

ANN'S BRISKET

3-4 lb beef brisket
seasoned tenderizer
2-3 tbs flour
salt pepper

Coat brisket well with tenderizer. Wrap with 2 layers of heavy duty foil. Refrigerate overnight. Place in dutch oven, cover and cook 225 to 250 for 6 to 7 hours. You can cook it faster but it is juicer cooked slow. Remove from foil and place on warm serving plate. Using the juice, flour, salt and pepper, make a thin gravy. Pour gravy over brisket before serving.
By Ann Audleman, Ft Walton Beach, Fl

TEXAS CHILI

2 lb lean chuck roast
1 large onion
bacon grease
6 cloves garlic, minced
6 jalapeno peppers, seeded and chopped
2 tsp salt
4 tbs chili powder
1 tbs cumin
1 tbs oregano
1 (20oz) can tomatoes, chopped

Brown meat, garlic and onions in bacon grease. Add jalapeno peppers and mix well. Add remaining ingredients, cover and cook 1 hour

HOMESTYLE CHILI

1 lb ground beef
1 lg yellow onion, chopped
3 cloves garlic, minced
1 tbs cumin
2 tbs chili powder
1 tbs Worcestershire sauce
1 (20oz) can tomatoes, chopped
1 green bell pepper, chopped
1 c red wine(dry)
salt and pepper to taste
1 lb uncooked kidney beans

Cover beans with 2"-3" water. Bring to boil, remove from heat

and let stand 1 hour. Drain and set aside. Brown ground beef with onion and garlic. Add remaining ingredients. Cover and simmer about 1 hour. Variations: Use black beans instead of kidney beans. Add fresh ground
ginger, paprika or cocoa.

CHICKEN MAIN DISHES

EASY CHICKEN CASSEROLE

1 Whole chicken, cooked, boned, chopped
1 box "Stove Top" stuffing, chicken flavor
2 cans Cream on chicken Soup
1 c Mayonnaise

Combine soup and mayonnaise in a large bowl. Add seasoning pkg from stuffing mix and 3/4c stuffing crumbs. Add chicken and mix well. Place in dutch oven and top with remaining crumbs. Bake at 350 for 30 min or until bubbly and crumbs are brown. Variation: Substitute 1 can Golden Mushroom soup for Cream of Chicken soup. Add shredded cheddar cheese in soup mixture or sprinkle on top.

CHICKEN CACCIATORE

3 lb frying chicken, cut up
3 tbs oil
2 med onions, thinly sliced
2 cloves garlic, minced
1 can (1 lb) tomatoes
1 can (8 oz) tomato sauce
1/3 c minced green pepper
1 tsp salt
1/4 tsp black pepper
1/4 tsp cayenne pepper
1 tsp oregano
1/2 tsp basil
1/2 tsp celery salt
1 bay leaf
1/4 c Chianti wine

Brown chicken pieces in hot oil in lid of oven. Layer onions in oven. Put browned chicken pieces on top of onions and add remaining ingredients. Cover and cook 1 to 2 hours. Discard bay leaf and serve chicken and sauce over buttered spaghetti.

CHICKEN IN A POT

3-4 lb whole frying chicken
1/2 tsp salt
1/4 tsp pepper
1 tsp poultry seasoning
1/4 tsp basil

Wash chicken and pat dry. Sprinkle cavity with salt, pepper, and poultry seasoning. Put in dutch oven and sprinkle with basil. Cover and bake for 4 to 6 hours or until tender.

ARROZ CON POLLO

3-4 lb chicken, cut up
1 c chopped onion
1 c green pepper, chopped
1 jar (2 oz) pimento, diced
3/4 tsp chili powder
1 jar (3-1/2 oz) stuffed green olives, drained
2 cloves garlic, minced
2 bouillon cubes
1 c diced ham
1 can (14 oz) tomatoes
1 pkg (10 oz) frozen peas, thawed
1 tsp salt
1/2 tsp white pepper
1 tsp paprika
1 c raw rice (long grain)

Mix salt, pepper, and paprika together. Season chicken with this mixture. Put all ingredients except rice and peas in dutch oven. Cover and cook at 300 for about 2 to 3 hours. Add rice and peas and cook at 375 for 1 hour. Water may be needed near end of cooking.

APRICOT GLAZED CORNISH HENS

6 Cornish Game Hens
Wild rice and sausage dressing mix (1-1-1/2 lb)
1 jar (12 oz) Apricot preserves
Salt
1/2 c water

Rinse hens, remove giblets and pat dry. Sprinkle cavity with salt. Lightly stuff each hen with about 1 c of dressing. Tie legs together with string. Place into dutch oven. In small saucepan, combine preserves and water and bring to a boil, stirring occasionally, set aside. Place hens on a rack in dutch oven. Do not place on bottom, they will burn. Bake hens at 350 for 1-1/2 to 2 hours or until tender. During last 1/2 hour of baking, baste hens frequently with preserves mixture. Remove strings before serving. If desired, split in half for smaller servings. Serve with remaining preserves.

CHICKEN POT PIE

3-3-1/2 lb Chicken
2-1/2 tsp salt
1 stalk of celery, chopped
1/2 tsp saffron
4 stalks celery, thinly sliced
Chopped parsley
4 hard-boiled eggs, cut into wedges
1 med onion, chopped
4 med potatoes, peeled, cut
1/4 tsp pepper

Dough:

2 c sifted flour
1/2 tsp salt
2 eggs
4-6 tbs water

Place chicken in dutch oven, add salt, pepper, celery, onion and saffron. Add water to almost cover chicken. Bring to a boil, reduce heat, cover and simmer about 1 hour or until the chicken is tender. Do not overcook. Remove the chicken from the broth. To make dough, place the flour into a mixing bowl. Make a well in the center of the flour and add the eggs and salt. Gradually work eggs into the flour, adding only enough water to make a soft but not sticky dough. Knead five minutes. Cover the dough with clean cloth and let rest 30 minutes. Divide the dough in half and roll out each as thinly as possible into a 15" square and cut each square into 2" squares with a sharp knife. Add potatoes and celery to the broth, simmer 25 min. until vegetables are tender. Taste the broth and add more salt or pepper if needed. Add the chicken pieces and bring to boil. Slide the squares of dough into the broth, a few at a time, pushing them down gently. Cover and simmer 20 min. Ladle the pot pie into large soup bowls and

garnish with chopped parsley and the wedges of hard cooked eggs.

FESTIVE CHICKEN BAKE

1/4 c flour
1 tsp salt
2-1/2-3 lb frier chicken
2 tbs oil
1 can (8 oz) Sliced pineapple
2/3 c light molasses
1/4 tsp pepper
1 tbs prepared mustard
1 tbs cider vinegar
1 can (16 oz) sweet potatoes, drained

Combine flour, salt and pepper. Coat chicken pieces in flour mixture. Brown in hot oil. Drain pineapple, reserving juice. Combine juice, molasses, mustard, and vinegar, mix well. Place chicken in dutch oven, arrange potatoes around chicken. Brush with half of the sauce. Cover and bake at 350 for 30 minutes. Top with pineapple, brush with remaining sauce, cook 30 min more.

DUCK WITH SAUERKRAUT

2 qt Sauerkraut
3 tbs brown sugar
pepper
1 whole game duck
2 med onion, quartered
salt
1 c water

Bake duck in 375 oven for 25 to 30 min. Pour sauerkraut, water, onions, brown sugar, salt and pepper over duck and stir well. Simmer for 1-1/2 hours. Good served with mashed potatoes.

BAKED CHICKEN WITH CHEESE

8 chicken breasts, deboned
2 tbs lemon juice
salt
8 slices of boiled ham
8 slices of tomato
6 tbs peanut oil
2 tbs thyme
pepper
8 slices of cheese

Cut foil into 12" squares, place chicken in center. Combine oil, lemon juice, thyme and mix well. Spoon over breasts. Seal foil well and place in 350 dutch oven. Bake 30 min. Open foil and place one slice ham, cheese and tomato over each breast. Bake open for 3 to 5 min. Remove from foil and place on serving platter.

CHICKEN GUMBO

2 lb chicken breasts, 1" cubes
2 med onions, chopped
1/2 c celery, chopped
3 tbs flour
2 cloves garlic, minced
2 lb fresh okra, sliced 1/4" slices
2 med bell peppers, chopped
4 tbs cooking oil
3 med tomatoes, cut up
salt and pepper to taste

Prepare a rue with cooking oil and flour. Cook until brown, stirring often. Add onion, bell pepper, and garlic. Slowly stir in 1 quart of water. Add salt and pepper to taste. Add cut-up tomatoes, okra and celery. Cover and cook about 30 min, until vegetables are done. Add chicken and simmer an additional 6 min.

PORK MAIN DISHES

BARGER PORK CHOPS

1 c Soy Sauce
1/2 c Brown sugar
1/2 c Sherry
2 tsp Cinnamon
1 tsp Garlic Salt
1 tsp Molasses
Family pkg Pork Chops (8)

Combine all except pork chop for a marinade. Pour over chops and marinate overnight in refrigerator. Place chops about 6"-8" above fire. Turn frequently and baste with marinade while cooking. Done in 35 to 45 min.

PORK CHOPS AND GARDEN VEGETABLES

6 (1" thick) pork chops
3 carrots, cut 1/2" slices
3 sm potatoes, peeled, 1/2" cubes
6 (1/4 oz) instant onion soup mix
3 tbs butter, melted
1-1/2 c fresh green beans, cut into 1"lengths
1 tsp basil
2 c water

Brown chops on both sides in butter in bottom of oven, drain. Place vegetables in bottom of oven and replace chops on top. Combine dry soup mix and water, mixing well. Pour over chops and bring to a boil. Cover and reduce heat, simmer 45 min or until chops are tender

NORTHSHORE JAMPALAYA

1/2 lb pork tenderloin, chopped
1/4 c vegetable oil
1 c chopped onion
1 bunch green onions, chopped
1 tbs chopped parsley
1 tsp garlic salt
1/2 tsp Hungarian paprika
1/4 tsp red pepper
1/2 lb smoked sausage, 1/2" slices
1/4 c all-purpose flour
1 c chopped celery
4 cloves garlic, minced
1 (8oz) can tomato sauce
1/2 tsp pepper
1/2 tsp dried thyme
6 c uncooked rice

Cook sausage and pork until browned; drain well. Set aside. Cook rice according to package and set aside. Heat oil in dutch oven, add oil and cook over medium-high heat stirring constantly, until rue turns dark brown. Stir in onion, celery, 1/2 of green onion, garlic and parsley. Cook over medium heat 10 min stirring frequently. Add tomato sauce and seasonings. Reduce heat and simmer 5 min, stirring occasionally. Stir in meat and remaining green onions. Cook until thoroughly heated. Add cooked rice and mix well. Simmer 5 min covered.

GREEN CHILI

2 lb lean pork
2 med tomatoes, chopped
2 stalks of celery, chopped 1/2"
1/2 c Ortega Green Chilis

6 cloves garlic, minced
3 tbs jalapeno pepper sauce

Brown pork in a dab of oil. Add remaining ingredients and mix well. Add 1-2 cups water. Cover and simmer 45 min to 1 hour. If it is too thin, remove cover and continue to simmer until thickened.

TEXAS PORK ROAST

1 small leg of pork
1 tsp salt
pepper to taste
1/8 tsp allspice
1 tsp chili powder
1-1/4 c chili sauce
2 tbs lemon juice
dash of Tabasco sauce
1 c melted cinnamon-flavored or plain apple jelly
1 tbs Worcestershire sauce

Place pork in oven and sprinkle with mixture of salt, pepper, allspice and chili powder. Combine remaining ingredients, and spread evenly on pork. Roast at 350 for 30 min per pound. Baste frequently with well seasoned drippings in the pan. Serves 14-16.

HAM AND CHICKEN A LA KING

1-1/2 c baked ham, 1/2" cubes
1/2 c cooked chicken, 1/2" cubes
1 c sliced mushrooms
1 c light sour cream
1 lg green pepper, chopped
3 tbs butter
3 tbs flour
1 c hot chicken stock or liquid from mushrooms
salt
ground pepper
1 lg pimento cut in small squares

Saute mushrooms and green pepper in butter; remove to a hot platter. Add flour to the oven and blend well. Gradually stir in hot stock, cream, salt and pepper. Place over low heat and simmer for about 10 min. Keep hot. Combine chicken, ham, mushroom mixture and pimento, and add to the sauce. Heat thoroughly. Serves 8 to 10.

RED-HOTS WITH KIDNEY BEANS

1 lb frankfurters
2 slices bacon, chopped
1/4 c chopped onion
1 (8oz) can tomato sauce
1 can kidney beans
1/4 c catsup
1 tbs lemon juice
1 tbs Worcestershire sauce
1 tbs brown sugar
1 tsp salt
1/2 tsp chili powder
1/8 tsp garlic salt

Fry bacon bits in oven over low flame until crisp. Remove and reserve bits. Saute onions in bacon fat until light brown. Add tomato sauce into which flour has been blended. Cook until slightly thickened, stirring constantly. Add kidney beans and bean liquid. Blend together liquid and dry seasonings separately; then combine them and stir thoroughly into bean mixture. Cover and simmer 15 min. Cut frankfurters into 1" pieces. Add to beans, cover and cook for 8 min longer. Sprinkle with bacon bits.

SEAFOOD MAIN DISHES

LOBSTER CHOWDER

1 lg onion, chopped
1 tomato, seeded, peeled and chopped
3 green leeks, slivered
2 med carats, peeled, diced
2 c clam juice
4 tbs flour
5 tbs butter
1 c oysters
1 c shredded lobster
3 c lobster shells & tails, broken up

Saute onion, tomato, leeks, and carrot in 1 tbs of butter until onion turns clear. Add oyster juice and lobster shells. Bring to boil, reduce heat and simmer 40 to 45 min. Remove shells and discard. Remove most of vegetables and set aside. Strain liquid to remove small bits of shell. Make a rue using 4 tbs butter and 4 tbs flour. Cook until it turns light brown. Pour 1/2 of liquid back into oven, whisk well. Add rest of liquid while stirring constantly. Bring to a boil stirring occasionally. Add vegetables, lobster meat and oysters. Simmer 5 to 10 min. Variation: use clams instead of oysters, add celery or bell pepper.

SHRIMP ETOUFEE (Pronounced A-TO-FAY)

3/4 lb butter
5 c diced onion (or equal volume to meat)
1 c parsley, chopped
3 tbs salt
1 tbs Louisiana Hot Sauce
2 tbs lemon juice
4 lb peeled shrimp
2 tbs Worcestershire Sauce

Cook onion in butter until clear. Add parsley, salt, lemon juice, hot sauce and Worcestershire sauce and simmer 5 min. Add shrimp, cover and simmer until shrimp turns pink and are done.

FISH COURT BOUILLON

3 tbs olive oil
4 c diced onion
1 c celery, chopped
2 c parsley, chopped
3/4 c bell pepper, chopped
3 c green onion, chopped
1 c grated carrot
1 tbs minced garlic
2 tbs lemon juice
1 tbs soy sauce
2 tbs Worcestershire Sauce
1 tbs Louisiana Hot Sauce
2 c Chablis Wine
6 tbs salt
4 lb fish, chopped
12 c water

Pour oil in oven and heat. Place onion, celery, peppers, parsley, green onion and grated carrot in and saute until onion starts to turn clear. Add garlic and lemon juice and stir and simmer some more. Add remaining ingredients except water, and stir and simmer some more. Pour just enough water to cover mixture. Bring to boil, reduce heat and cover. Simmer for about 30 min.

CATFISH ETOUFEE (Pronounced A-TO-FAY)

2 c court bouillon
4 tbs brown rue
1 c onions, chopped
1 c scallions, chopped (including

1/2 c celery, chopped
1/2 c bell pepper
1 can (1 lb) tomatoes, drained and coarsely chopped
1 tbs Worcestershire sauce
1/4 tsp thyme
2 tsp salt
1/2 c parsley, chopped
some of the green tops)
1 tsp minced garlic
4 c cooked rice
2 lemon slices, 1/4" thick
1 bay leaf
1 tsp black pepper
2 lb catfish cut into 1" chunks

If rue is not fresh, warm over low heat stirring frequently. Add onions, scallions, celery, green pepper and garlic. Cook 5 min, stirring often, until soft but not brown. Add court bouillon stirring constantly. Add tomatoes, lemon, and seasonings. Reduce heat and simmer, partially covered, 30 min. Add catfish and parsley, stir gently to position fish evenly. Simmer partially covered and without stirring, 10 min. Taste for seasoning. Serve immediately.

SCALLOP GUMBO

2 lb small scallops
2 med onions, chopped
1/2 c celery, chopped
3 tbs flour
2 cloves garlic, minced
2 lb fresh okra, sliced 1/4" slices
2 med bell peppers, chopped
4 tbs cooking oil
3 med tomatoes, cut up
salt & pepper to taste

Prepare a rue with cooking oil and flour. Cook until brown, stirring often. Add onion, bell pepper, and garlic. Slowly stir in 1 quart of water. Add salt and pepper to taste. Add cut-up tomatoes, okra and celery. Cover and cook about 30 min, until vegetables are done. Add scallops and simmer an additional 6 min.

VEGGIES & SOUPS

MIKE'S BROCCOLI PIE

2 10 oz pkg Chopped Broccoli
2/3 c Chopped onion
3 eggs
3/4 tsp Salt
3 c Shredded Cheddar Cheese
1 1/3 c milk
3/4 c Bisquick
1/4 tsp white pepper

Mix broccoli, 2 c of cheese, and onion in dutch oven. Beat eggs, milk, Bisquick, salt and pepper until smooth. Pour into oven. Bake until toothpick comes out clean, 25-30 min at 400. Top with remaining cheese and melt, 1-2 min longer.

HAM AND POTATOES AU GRATIN

1-1/2 c Cooked Ham, Diced
3 c Potatoes, Diced
4 tbs Margarine
2 c Milk
Seasoned Salt and Pepper
1/2 c Grated Cheese

1 onion, minced
3 tbs Flour
2 tbs Fine bread crumbs

Melt margarine and saute' onion. Blend in flour to make a light rue. Gradually add milk and cook; stirring until thickened. Add pepper and seasoned salt. Pour over ham and potatoes in dutch oven. Sprinkle cheese and bread crumbs over top. Bake at 400 for 20 min.

OLD FASHIONED MACARONI AND CHEESE

8 oz macaroni
2 c cottage cheese
1 sm onion, chopped
8 oz sharp cheddar cheese
8 oz sour cream
8 oz cream cheese
salt and pepper

Prepare macaroni according to package instructions. Mix all ingredients together and place in pan. Put pan in 350 dutch oven for 30 min or until cheese is melted and bubbly.
By Rosie Higher, Ft Walton Beach, Fl

ASPARAGUS TART

1 precooked pie shell
1 lb asparagus, trimmed, cut 1-1/2", cooked tender-crisp
1/2 tsp salt
1-1/2 c half-&-half
1/4 c grated Parmesan cheese
1 c Shredded Cheddar cheese
3 tbs red pepper strips
2 tbs cornstarch
Pinch of pepper
3 eggs, slightly beaten

Line shell with cheese. Top with asparagus and pepper strips. In medium bowl combine cornstarch, salt and pepper. Gradually stir in half and half until smooth. Stir in eggs and Parmesan until well blended. Pour into pastry shell. Bake in 375 oven 35 to 40 min or until knife inserted in center comes out clean. Let stand for 5 to 10 min before serving.

BEEF-VEGETABLE SOUP

2 beef soup bones
1-1/2 lb stew beef, 1" cubes
1 tsp pepper
4 med carrots, coarsely chopped
1 hot red pepper
1 (17oz) can whole kernel corn
7 c water
1-1/2 tsp salt
4 med potatoes, cubed
2 (8oz) cans tomato sauce
1/2 small cabbage, coarsely chopped
1 (15oz) can English peas

Drain corn and peas reserving liquid. Add liquid, water and bones in large dutch oven, bring to a boil. Cover, reduce heat and simmer 1 hour. Add beef cubes, salt and pepper, cover and simmer 1 hour more. Add all except corn and peas, cover and simmer 40 min. Add corn and peas and simmer uncovered 30 min. Makes 4-1/2 quarts

COWBOY SOUP

Potato chunks	1 can peas
1 lb ground beef	1 can green beans
1 med onion	1 can baked beans
Chili powder	1 can tomato soup
1 can corn	1 can tomatoes
Bay leaf	nutmeg, salt, pepper

Brown ground beef and onion together. Add all except seasonings. Do not drain vegetables. Cook until potatoes are done. Add seasonings and cook 30 min.

POTATOES AND BROTH

2 lb new potatoes, well washed	6 c water
6 beef broth cubes	

Heat water to boiling and add cubes to form cube. Place potatoes in broth and simmer 45 min or until potatoes are done. Serve as a soup with a potato.

BREADS

HOMEMADE BISCUITS

1c + 2tbs flour	1/4 tsp baking soda
1 tsp baking powder	pinch of salt
2 tbs crisco(solid)	1/2 c buttermilk

Place 1 tbs crisco in bottom of oven. Place coals on oven to bring temperature to 500 while making dough. Combine flour, baking soda, salt and baking soda in bowl. Cut in crisco until mixture becomes grainy. Add buttermilk and stir with fork until it forms dough. Turn out on floured surface and briefly kneed. Do not over-kneed. Flatten to 1/2" thick. Cut out with glass or cup. Place in oven and turn once to coat on both sides. Bake at 500 for 10 min. or until done.

CAKES, COOKIES, & DESSERTS

MONKEY BREAD

4 cans Biscuits	1 c Sugar
1 c Brown sugar	4 tbs Cinnamon
1 stick oleo	

Cut biscuits into quarters. Mix sugar and cinnamon in plastic bag. Drop quarters into bag and coat well. Place in dutch oven. Melt oleo in lid and pour over quarters. Bake 350 for 35 min.

GRANDMA AUDLEMAN'S BREAD PUDDING'

2 c Milk	2 tsp cinnamon or nutmeg

1/4 c Butter
2 eggs
1/2 c Sugar
1/4 tsp salt
8 slices week old bread
1/2 c Rains

Dice bread into small cubes. Beat eggs and salt together. Place milk and butter in 2 qt saucepan and heat until scalded. Mix in bread sugar cinnamon and eggs. Stir until bread is well soaked. Stir in rains and pour mixture into 1 1/2 qt casserole dish and put into dutch oven on a trivet. Bake until toothpick comes out clean at 350, about 30-40 min. Top with cinnamon sugar or brown sugar. By Magretta Audleman, Shalimar, Fl

INDIAN BREAD PUDDING

2 c milk
1/4 c Yellow cornmeal
2 tbs Sugar
1/2 tsp Salt
1/2 tsp Cinnamon
1/4 tsp Ginger
1 egg
1/4 c Molasses
1 tbs butter

Place 1 1/2c milk in dutch oven and heat to scalding. Combine cornmeal, sugar, salt, cinnamon and ginger, add to milk stirring constantly. Cook 2 min. Combine egg, molasses and butter. Add small amount of the hot milk mixture, slowly. Then add to remaining milk mixture. Stir and cook until thickened, 2-5 minutes. Pour remaining milk OVER (do not stir in!) pudding. Cook until set, 5 minutes. LET STAND 10 to 15 minutes before serving

DUMP COBBLER

1 pkg yellow or white cake mix
2 cans pie filling or cinnamon
1 lg can fruit cocktail
butter

Pour cans of filling or fruit cocktail in bottom of dutch oven. Sprinkle cake mix over top of fruit, DO NOT STIR! Sprinkle with cinnamon and cut pads of butter and let fall on surface. DO NOT STIR, it will burn. Cover and bake until bubbly and top is lightly browned, about 30-45 min. Any combination of fruits can be used. I recommend 1 can apple filling and 1 can of fruit cocktail.

GIANT CINNAMON-PECAN RING

2 1 lb loaves frozen bread dough
1/2 c sugar
2 tsp cinnamon
1-1/4 c sifted powdered sugar
milk (about 4 tsp)
Cinnamon sticks(optional)
1/2 c butter, melted
1/2 c packed brown sugar
1/2 c chopped pecans
1/2 tsp vanilla
Pecan Halves (Optional)

Lightly grease inside of dutch oven. On a lightly floured surface, flatten thawed dough slightly. Cut each loaf into 4 pieces(total of 8). Form each piece into a rope about 18" long. Brush each rope on all sides with melted butter. Stir together sugar, brown sugar, and cinnamon. Place mixture on sheet of foil.

Roll rope in sugar mixture to coat evenly. Shape rope into a coil in the center of the dutch oven. Roll another rope in sugar. Attach securely to end of first rope and continue coil. Continue coating ropes and attaching to form a 10-11" circle. Sprinkle any remaining sugar over coil. Sprinkle with chopped pecans. Cover and let rise in a warm place for about 30-40 min. Bake at 350 for 30 to 3 min or till done. Cover with foil last 15 minutes to prevent over browning if necessary. Cool about 15 min. Stir together powdered sugar, vanilla, and enough milk to make a thick glaze. Spoon over top of cake. Decorate with cinnamon sticks and pecan halves. Serves 16 By Ann Audleman, Ft Walton Beach, Fl

CHOCOLATE CHIP COOKIES

2-1/4 c all purpose flour
1 c butter, softened
3/4 c sugar
1 tsp vanilla extract
2 eggs
1 (12oz) semi-sweet morsels
3/4 c brown sugar

In large bowl, combine butter, sugar, brown sugar, and vanilla extract. Beat until smooth. Beat in egg. Gradually add flour. Stir in chocolate chips. Drop onto ungreased pie tin or aluminum pan. Place on trivet or inverted pie tin in 350 dutch oven

SUGAR COOKIES

1/2 c softened butter
1 c sugar
1 egg
1/2 tsp vanilla extract
1/2 tsp salt
2 tsp baking powder
2 c flour

Combine butter and sugar, stirring until well mixed. Blend in egg and vanilla. Add remaining ingredients and mix well. Drop onto greased pie tin or aluminum pan. Place on trivet or inverted pie tin in 400 dutch oven. Bake for 6 to 7 min.

HAWAIIAN PIE

1 stick margarine
1 c sugar
2 eggs
1/2 c coconut
1/2 c rains
1/2 c chopped nuts (pecans, peanuts, almonds)
1 tsp vanilla
1 tsp vinegar
1 unbaked pie shell

Combine margarine, sugar and slightly beaten eggs. Add remaining ingredients. Mix well and pour into pie shell. Place on trivet or inverted pie tin in 350 dutch oven. Bake for 30 min. Let stand in oven about 5 min after removing coals.

CHERRY CRISP

2 cans cherry pie filling
1 white cake mix
2 sticks butter, melted
1-3/4 c chopped nuts

Pour pie filling in bottom of oven. Sprinkle cake mix over top and DO NOT STIR. Top with nuts. Pour melted butter over top. Bake for about 30 min at 350

MAPLE CUSTARD PIE

1 c brown sugar	1-1/2 c scalded milk
1/4 tsp maple extract	2 tbs melted butter
1 tbs cornstarch	1/2 c cold milk
3 beaten eggs	pinch of salt
2 uncooked pie shells	nutmeg

Makes 2 pies

Into scalded milk, mix sugar, extract and melted butter. Combine cold milk and cornstarch and mix well. Add to mixture along with salt and eggs. Beat well. Pour into pie shell. Place on top of inverted pie tin and bake at 450 for 10 min. Top with nutmeg and bake another 25 min at 350

BREAKFAST DISHES

BREAKFAST MUFFINS

1/2 lb butter, softened	2 c sugar
2 c boiling water	5 tsp baking soda
4 eggs	1 qt buttermilk
5 c flour	6 c raisin bran

Warning: This makes 6 dozen. Can be refrigerated for up to 6 weeks covered.

Combine water and baking soda. Allow to cool slightly. Cream together butter and sugar. Mix in eggs. Gradually add flour and buttermilk alternately. Blend in water mixture. Mix in raisin bran. Bake in 375 oven for 25-30 min.

BISCUITS AND GRAVY

1/2 lb ground sausage	3 tbs chopped onion
2 tbs flour	2 c hot milk
black pepper to taste	

Prepare Homemade Biscuit recipe. Brown sausage and onion together. Pour off excess grease. Stir in flour. Slowly add milk while stirring. Cook until thickened. Serve biscuits split with gravy on top.

BLUEBERRY MUFFINS

2 c flour
2/3 c sugar
1 tbs baking powder
1/2 tsp salt
1/2 tsp nutmeg
2 eggs, beaten
1/2 c Milk
1/2 c melted butter
3/4 c blueberries
1/4 c sliced almonds
1 tbs sugar

Combine dry ingredients. Save 1 tbs of mixture. Combine eggs, milk and butter. Add to dry ingredients. Stir until well moistened. Toss blueberries with reserved flour mixture. Stir into batter. Spoon into greased muffin pans. Sprinkle with almonds and 1 tbs sugar. Bake 15 min at 400

MISC. DISHES

CRUSTLESS QUICHE

1/4 lb Butter
1/2 c Flour
1/2 dz Eggs
1 c Milk
1 lb Monterey Jack Cheese
3 oz Cream cheese
2 c Cottage Cheese
1 tsp Baking Powder
1 tsp Salt
1 tsp Sugar

Melt butter and add flour. Cook into a light rue. Beat eggs, milk, 3 cheeses , baking powder, salt and sugar together. Stir into rue until well blended. Pour into dutch oven and bake 350 for 45 min.

CHILI RELLANO CASSEROLE

2 lg cans whole green chilies
1 lb Monterey Jack Cheese
3 tbs flour
salt and Pepper
1 lb cheddar cheese
1 can (13 oz) evaporated milk
4 eggs, separated

Place 1/2 of chilies in bottom of greased casserole dish, cover with all of cheddar cheese. Top with rest of chilies. Cover with all of jack cheese. Beat egg whites until stiff. Beat yolks with flour, milk, salt and pepper in large bowl. Fold egg whites into yolk mixture. Pour over casserole. Bake in 325 dutch oven for 45 minutes or until knife inserted in center comes out clean. By Rosie Highers, Ft Walton Beach, Fl

SQUIRREL STEW, GEORGIA STYLE

2 squirrels, cleaned, cut into 6 pieces each
1/8 lb salt pork, 1/2" cubes
2 tbs flour
1 tsp salt
1/4 tsp pepper
2 lg onions, thinly sliced
2 c bouillon
leafy tops of 2 stalks of celery
2 c fresh lima beans
2 lg ripe tomatoes, peeled
1 c fresh corn kernels
1 tsp Worcestershire sauce
1-2 tbs flour

Fry salt pork until very crisp, then remove pieces from the pan. Dredge squirrel in seasoned flour and saute in hot fat until

brown on all sides. When nearly brown, add onions and cook until soft. Place meat in dutch oven, together with broth and celery tops. Cover and bake at 350 for 1 hour. Remove celery tops, add lima beans, tomatoes, corn and Worcestershire sauce. Cover and bake until vegetables are tender-about 30 min. Skim off excess fat and thicken gravy with flour and 1/2 c cold water. Serve hot topped with crisp pork cracklings.

OTHER RECIPES

Some of these recipes do not really pertain to the dutch oven but I have included them for you to consider in other cooking situations.

CORN MEAL MUSH

1 qt boiling water
1 c cornmeal
salt

Bring water to boil with salt. Slowly stir in cornmeal. Cook 20 min stirring often.

HASTY PUDDING (Fried Cornmeal Mush)

1 recipe cornmeal mush
flour
1 tbs oil

Mold mush and refrigerate overnight. Slice into 1/2" slices. Flour lightly and pan fry in small amount of oil until brown, about 15 min a side.

INDIAN PEMMICAN

2 lb dried beef
1 c rains
1/2 c yellow rains
Beef suet

Using a blender, mince meat to a fine pulp. Stir in rains. Chop just enough to break up rains. Turn into bowl and mix well. Pour melted suet over top, using only enough to hold beef and rains together. Allow to cool slightly. Turn onto a jelly roll pan and allow to cool completely. Cut into strips and then into bars about 1" wide and 4" long. Store in ziplock bags. These bars can be stored for several months.